

Craig LaRue - New Fort Smith Case Manager



Craig LaRue

Craig LaRue began his duties in April as the Ft. Smith Case Manager replacing long-time employee Kay Lynn. Ms. Lynn retired at the end of March after 20 years of dedicated service to

the clients in Northwest Arkansas. Craig completed the major portion of his training and orientation in April and May and has already begun contacting his clients.

Craig received his degree in Social Work from the University of Arkansas in Fayetteville. He has a strong background in Case Management with excellent skills in crisis management. Craig is a lifelong resident of Crawford County and is very familiar with the resources in Ft. Smith and the surrounding areas. "We are very fortunate to find someone with his experience," commented Client Services Administrator Patti Rogers.

In addition to collecting mid-century modern furniture, Craig enjoys gardening and horseback riding. However, spending time with his 3 year-old niece and 7 year-old nephew is definitely his favorite pastime.

Please join the Commission Members and staff in welcoming Craig aboard!

PROGRAM & REGISTRATION

for SCI Conference enclosed

Jean Driscoll to Keynote Spina Bifida Fall Family Fest

We are please to announce that motivational speaker, author, corporate spokesperson and eight-time Boston Marathon Champion Jean Driscoll will be the opening speaker at Fall Family Fest. Jean was born with spina bifida and spent her early years watching from the sidelines, when she wasn't having surgery. That changed when she was invited to a wheelchair soccer game and from that beginning she launched an odyssey that has taken her to earn two degrees at University of Illinois, win Olympic and Paralympic medals and literally has taken her around the world. Along the way she has written a book and started a not-for-profit organization. You will want to hear Jean at Spina Bifida Fall Family Fest on **Saturday, October 24th** at Camp Aldersgate in Little Rock.

The event will have two parts: educational programs will be provided for adults with spina bifida, parents and health care providers and educational/recreational programs for children with spina bifida and their siblings. The conference program is still being completed and will be mailed out in September. Sessions will include keeping your child physically fit, advocacy in the schools, medical topics, caring for the caregiver and others. The recreational programs will be age appropriate for children 5 to 16 and will include a fishing derby, active games and sports, arts and crafts and other fun activities. Daycare will be provided for children under 5. Children with spina bifida and their siblings are welcome. Plan to spend a beautiful fall day with us at Camp Aldersgate on **October 24th**.

In this issue . . .

Adaptive Sports Conference	Page 2
ASCC SCI Brochure	Page 3
Conference Program	Page 4
Keynote Speakers	Page 5
Registration Form	Page 5
Conference Map	Page 6
Financial Assistance and CEUs	Page 6
Accessibility Ambassadors	Page 7
Forty Teams Compete in Rollin' Round the Rim	Page 7
Southern Sportsmen Set Date for 2009 Hunt	Page 8
SAILS to Set Sail in August	Page 8
Disabled Sportsmen of AR Ready to Make Tracks	Page 8

SPINAL COURIER

Published quarterly by
Arkansas Spinal Cord Commission

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www.spinalcord.ar.gov
or e-mail us at:
courier@arspinalcord.org

From the Director

We have a young consultant working with the Commission to help us develop our disaster plan. He's been a great help in getting us on the right track. I laughed the other day when he referred to our agency as 'ASK.' Thinking about it, our ASCC acronym does sound like ASK. The more I thought about it, the more it made sense. That is what we want our clients, healthcare providers and others to do when they have a question about spinal cord disabilities – ASK. While we may not have all the information, our Case Managers are good at ASKing to help you find what you need.

Many of us hate to ask for help. We don't want to feel dependent, we aren't sure what we are asking for, we are afraid the answer will be "no." But the only way you will find out is to ask. So if you need some help related to your spinal cord disability – ASK ASCC. That is why we have Case Managers.

Some folks think that if they do not meet our financial criteria, that we have nothing to offer them. On the contrary, we are more than happy to assist you with technical assistance when you make purchases or build ramps or just need moral support to advocate at school. Just ASK! That's why we are here!

Cheryl L. Vines

With Thanks

Donations this quarter from:

Grover Evans

Jared Johnson

Jean King

Tom and Sue Walker

ASCC accepts tax-deductible donations. Contributions are used to assist our clients through purchases of equipment and educational resources.

To make a contribution, please contact ASCC at **501-296-1788** / **1-800-459-1517** (voice) / **501-296-1794** (TDD), or send your donation to:

**AR Spinal Cord Commission
1501 N. University, Suite 470
Little Rock, AR 72207**

The generosity of the many individuals and families, who over the years have made memorial donations, is greatly appreciated.

Adaptive Sports and Leisure Activities Conference Scheduled

The University of Central Arkansas (UCA) is hosting a conference featuring *Adaptive Sports and Leisure Experiences: Education and Active Participation*. The conference will be held on **July 10, 2009**, from 10:30 a.m. to 6 p.m. Registration is **free**.

The conference will open at 10:30 a.m. in the UCA PT building, room 108. Guest speaker Randy Snow will deliver the keynote presentation entitled, "No Excuse—Success."

Mr. Snow is a four-time Paralympian and is a firm believer in preparation, focus and teamwork, and will share his gold medal performance secrets with the audience.

Lunch is on your own from 12:30-2:00 p.m. After lunch the conference will reconvene at the Conway Re-

gional Health and Fitness Center where local speakers will informally discuss their experiences, specific strategies and opportunities for sports and leisure participation. Activities to be presented include tennis, hunting, fishing, gardening, golf, painting, photography, basketball, cycling, and fitness education. Vendors will be on hand to answer any equipment related issues that participants may have.

For more information about the conference contact either Dr. Twala Maresh at e-mail: **twalam@uca.edu**, phone: **501-450-3611** or Dr. Lorrie George at e-mail: **lorrieg@uca.edu**, phone: **501-450-3192**.

This is a great opportunity to learn from those who are doing it!

Living Well with Spinal Cord Injury

A Conference for People with Spinal Cord Disabilities



Arkansas Spinal Cord Commission

Jackson T. Stephens Spine Center at UAMS

Alliance Homecare Equipment
PDB Enterprises, Inc.
Snell Prosthetic and Orthotic Laboratory
Baptist Health Rehabilitation Institute
St. Vincent's Rehabilitation Hospital
Sunrise Medical / Quickie

**NEW
LOCATION!**

Friday, August 21, 2009
Pulaski Technical College, North Little Rock, Arkansas

Demonstrations

Arkansas Rollin' Razorbacks **Wheelchair Basketball Demonstration**
MEMS Ambulance Service will conduct **Van Safety Checks**
Partners for Inclusive Communities will review **Emergency Preparedness Plans**
and provide **Emergency Preparedness Backpacks** to ASCC clients
Quickie Wheelchairs will have **Handcycles and Sports Equipment** to try out
Russellville Medical will **Check Your Wheelchair Brakes and Tires**
Snell Prosthetics Lab will demonstrate the **Bioness NESS L300 Foot Drop System**

Registration deadline is August 14, 2009

Registration fee scholarships and travel assistance are available to ASCC clients and family members.

CEUs will be offered in:
Nursing*, Social Work, Physical Therapy, Occupational Therapy, Professional
Counseling, Therapeutic Recreation and Rehabilitation Counseling.

* An application has been submitted to the AR Nurses Association.

Living Well with Spinal Cord Injury

A Conference for People with Spinal Cord Disabilities

9:00 - 10:00

Registration

Continental Breakfast

Sponsored by PDB Associates

10:00 - 10:45

Welcome

Cheryl Vines, Executive Director

Keynote Address

Sponsored by Stephens Spine Center at UAMS

Paralysis in the U.S., Public Health, and the Christopher & Dana Reeve Foundation

Jose Canose, Director of Quality of Life,
Christopher & Dana Reeve Paralysis Foundation
Short Hills, New Jersey

10:45 - 12:00

Living Well with Spinal Cord Injury: A Panel of Experts

Thomas S. Kiser, M.D., MPH, Medical Director,
ASCC; Associate Professor, Division of Physical
Medicine & Rehabilitation, UAMS, Little Rock, AR

Kareen Cooper, LittleRock, AR

Matt Courson, Baltimore, MD

Penny Handley, Sherwood, AR

Robert Ruckle, Conway, AR

12:00 - 1:30 Lunch / Demos / Exhibits

1:30 - 2:30

Concurrent Sessions:

An Update on Sexuality after Spinal Cord Injury

Stanley Ducharme, Ph.D.
Psychologist, Boston University Hospital
Author "Sexuality After SCI: Answering Your
Questions," Boston, MA

Citizen's Arrest:

Gomer's Ground Rules for Self Advocacy

Billy Altom, Executive Director
Association of Programs for Rural Independent
Living, Little Rock, AR

Lance Taylor, Independent Living Specialist
Spa Area Independent Living Services
Hot Springs, AR

2:30 - 2:45 Break

2:45 - 3:45 Concurrent Sessions:

Saving Your Spine after SCI

Richard McCarthy, M.D., Orthopedic Surgeon
Professor, Department of Orthopaedics, UAMS
Little Rock, AR

Home Sweet Accessible Home

Lorrie George, Ph.D., OTR/L, Associate Professor
University of Central Arkansas, Conway, AR

Jim Brown, Certified Aging in Place Specialist
Brown Company Remodelers, Little Rock, AR

3:45 - 4:00 Closing Session

Drawings for Door Prizes

Drawing for Quickie Manual Wheelchair

Sponsored by Sunrise Medical

Complete Evaluations

Joseph Canose

Joseph Canose is the Director of Quality of Life at the Christopher and Dana Reeve Paralysis Foundation. In that position, Joe has had the unique opportunity to be at the forefront of change in spinal cord injury life, from the funding of stem cell and other basic science research to cure SCI to the quality of life grants and Paralysis Resource Center, developed to provide information to newly injured individuals and their families. This year, Canose was integral in getting the Christopher and Dana Reeve Paralysis Act passed by Congress and signed into law by President Obama on March 30, 2009. Mr. Canose will discuss the Act and how it will impact the lives of individuals with spinal cord injuries.



Stanley Ducharme

Stanley Ducharme, Ph.D. is a clinical psychologist and consultant specializing in the areas of sexual dysfunction, physical disability, relationship issues and concerns of daily living. With over 25 years of clinical experience, Dr. Ducharme has worked with a wide variety of problems and has gained national and international recognition for the scope and quality of his work. He is an expert in the area of sexuality and spinal cord injury, authoring several books on the topic and writing a regular column in Paraplegia News.



SPECIAL NEEDS: If you have needs that require an accommodation, such as interpreter services or large print materials, etc. ASCC will make every effort to meet your needs. Please contact Mary Jo Stanton at 1-800-459-1517 or 501-296-1788 voice, 501-296-1794 TDD or via e-mail at mjstanton@arspinalcord.org by August 14, 2009.



Living Well with Spinal Cord Injury

A Conference for People with Spinal Cord Disabilities

Registration deadline is Friday, August 14, 2009

Registration Form

Name _____ Title/Agency (if applicable) _____

Address _____ City _____ State _____ Zip _____ Phone _____

Accompanying Person _____ Family Member / Personal Care Provider

Accompanying Person _____ Family Member / Personal Care Provider

Check all that apply:

☐ \$15/person with spinal cord disability (\$17 on-site)

☐ \$15/family member or personal care provider (\$17 on-site)

☐ \$50/health care professional (\$55 on-site)

☐ I request a scholarship for registration fee (ASCC clients, family members and PCPs only)

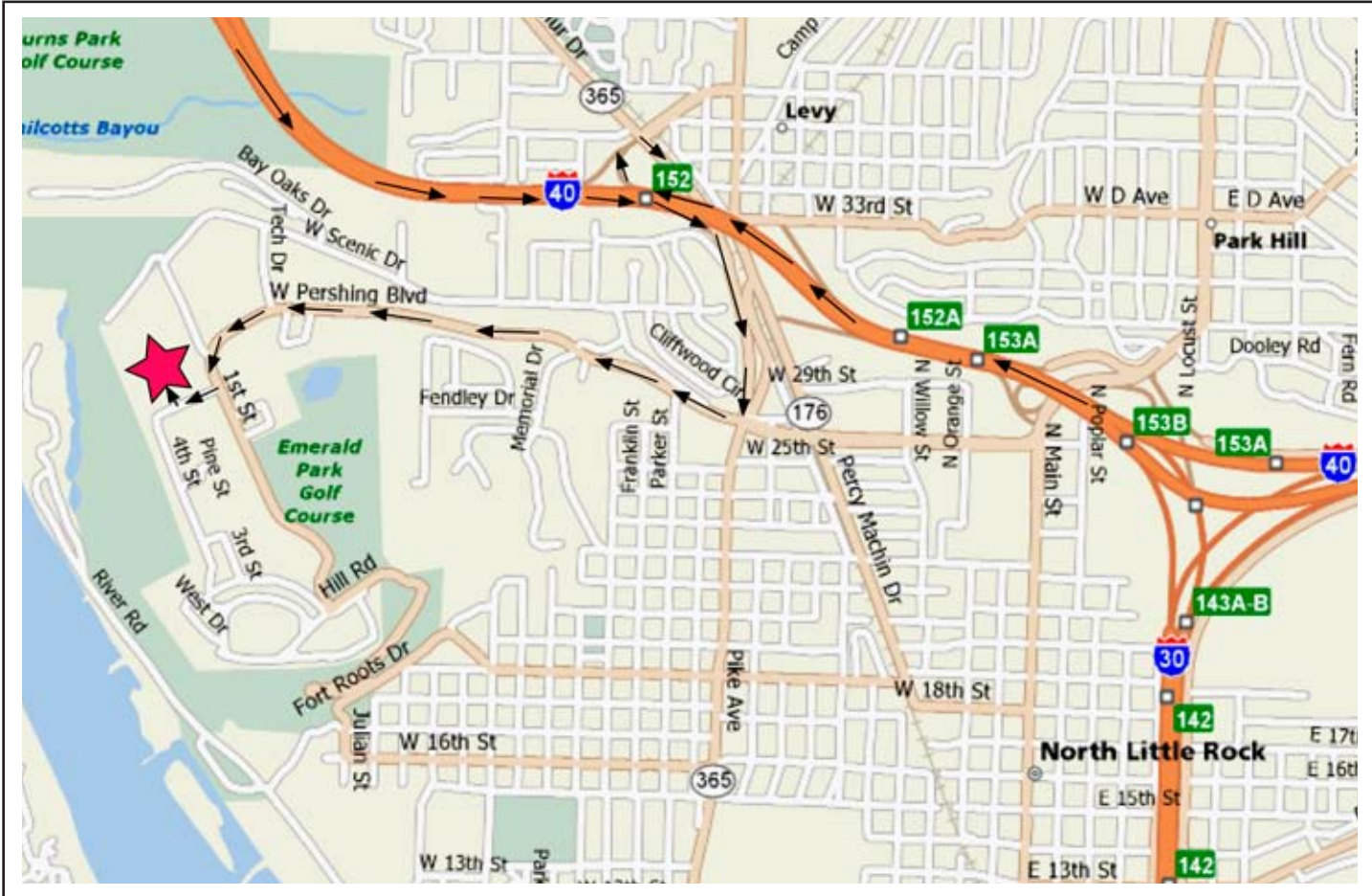
☐ I request a travel stipend (must live outside Pulaski county)

Registration fee
non-refundable
after Aug. 14, 2009

Please make additional copies of this registration form as needed, or go to the ASCC website: www.spinalcord.ar.gov

Make checks payable and mail to: ASCC, 1501 N. University, Suite 470, Little Rock, AR 72207

Directions to Pulaski Technical College and the ASCC Living Well with Spinal Cord Injury Conference



Driving East on Interstate 40 - take the Pike Ave / McArthur Drive exit 152B and then turn right on Mac Arthur Drive. Follow Mac Arthur to West Pershing and turn right. Follow West Pershing to the campus.

Driving West on Interstate 40 - take the Pike Ave / McArthur Drive exit 152 ramp to Mac Arthur Drive and turn right on Mac Arthur. Follow Mac Arthur, under the interstate bridge, to West Pershing and turn right. Follow West Pershing to the campus.

Travel Help

With the high fuel costs, it will be difficult for some ASCC clients to travel to the conference. This year we have secured a sponsor to provide travel stipends.

- Travel stipends will be available only to ASCC clients who live outside Pulaski County.
- Travel stipends will be \$25 for those living 60 miles or less from the conference site and \$50 for those living over 60 miles from the conference site.
- Travel stipends will be provided at the end of the conference to those who have applied in advance.
- To apply, check the "I request a travel stipend" box on the registration form. You will be informed of approval and amount of stipend in advance of the conference.
- Deadline to apply for travel stipends is July 31, 2009—a limited number of stipends are available—apply early!

Arkansas Disability and Health Program Looking for Accessibility Ambassadors

The Arkansas Disability & Health Program (ADHP) was funded to conduct the *Right to Know Breast Care Awareness* campaign for women with disabilities. Designed to raise awareness among women with disabilities regarding their increased risk of breast cancer, the *Right to Know* campaign will kick off in 2009. Before the campaign begins, however, the ADHP wants to ensure the accessibility of mammography clinics in central Arkansas. Working with Accessibility Ambassadors, ADHP will collect surveys from mammography clinics and conduct accessibility walkthroughs. These walkthroughs look at staff training, customer service, facility access, elevators, waiting areas, dressing rooms, mammography suites, restrooms and parking. Once completed, staff will evaluate the walkthrough information and build a strengths and needs feedback report offering recommendations for increasing accessibility for each clinic.

Arkansas Disability & Health Program offers free brochures on *Self Breast Exams for Women with Physical or Sensory Limitations* developed by the Breast Health Access for Women with Disabilities to all participating mammography clinics. ADHP also offers training and technical assistance on disability and accessibility. All this is done to ensure that women with disabilities get the most effective mammography possible.

The 2005 Behavioral Risk Factor Surveillance Survey (BRFSS) shows that women in Arkansas with a severe disability are at a higher risk of having breast cancer than women without disabilities (4.9% and 2.4% respectively).



The ASCC 3-on-3 wheelchair basketball team. From the left: Loretta McLaughlin, Bobby Johnson, Gaylon Branch, Maryanne Caldwell, John Breen, Mike Reep and Andy Hendricks.

Forty Teams Compete in Rollin' Round the Rim

The 3-on-3 wheelchair basketball tournament at Arkansas Technical University this year drew forty teams, with another eight who wanted to play but missed the deadline. Spectators included ATU students and staff, as well as, residents of local long term care facilities and ASCC clients. The ASCC team won their first game, but lost their second and was eliminated from the tournament. The winner of the tournament was the Mustache Mafia team made up of students from the physical therapy program at the University of Central Arkansas.

In its third year, the original intent of the tournament was to increase awareness for the disabled on the ATU campus and the Russellville community. If this year's participation is any indication, the tournament is well on its way to meeting its goal and becoming an anticipated athletic event in its own right.

Despite their increased risk for breast cancer, women living with disabilities are less likely to receive routine screening mammograms (40.6% compared to women with no disability, 26.4%), typically because of a bad experience. Instead they more frequently obtain mammograms for a suspected problem. Later stage diagnosis typically results in more costly and disfiguring treatment, greater functional impairment, poorer quality of life, shorter survival rates, and increased mortality. Given the unique needs of the growing and diverse disability population, education and training of health care providers is vital to promote survival rates.

We need your help.

If you have a disability or know someone that would like to assist the ADHP as an Accessibility Ambassador, please contact Vanessa Smith at **501 526-5962**, toll-free at **1-800-342-2923** or via email at **SmithVanessaL@uams.edu**.

We are looking for Accessibility Ambassadors in central Arkansas from Russellville to Pine Bluff and Searcy to Hot Springs. All Accessibility Ambassadors will be trained and assist staff to conduct the walkthroughs. Your experience with environmental barriers and showing what you have learned will help greatly in educating healthcare clinics on making their services more accessible for women with disabilities.

Southern Sportsmen Set Date for 2009 Hunt

The Southern Sportsmen Foundation is accepting applications for their 2009 Hunt. Scheduled for **November 18 – 20**, the event brings hunters with disabilities from all over the country to Foreman, Arkansas.

“We really want new hunters—novice hunters and experienced hunters with new spinal cord disabilities to apply for the hunt,” noted Foundation President, Mike Cranford. “We will assist you with the hunting equipment you need.”

Interested hunters and prospective hunters are invited to apply for the hunt. Applications are due by **September 1, 2009**. For more information or to obtain an application contact Mike at **903-826-3318** or **mcranford@whiti.net**.

SAILS to Set Sail in August

Spa Area Independent Living Services (SAILS) will be having its annual Playday at Lake DeGray **Saturday August 29th** from 10 a.m. until 2 p.m. There will be fun and games, jet ski rides and lake tours provided by DeGray Park Service. Playday is a chance for people with disabilities and their families to get out and enjoy the great outdoors! A Hot Dog lunch will be served. Please call SAILS at **501-624-7710** for more information.

Disabled Sportsmen of Arkansas Ready to Make Tracks

Make tracks to the woods, that is. Preparations are now being made for a full complement of hunts for the 2009 season.

These hunts give sportsmen and women, of all ages, the opportunity to get out into the woods and try their hand at a deer or duck stand. “Everybody has a good time,” said Jimmy Ashley, President of Disabled Sportsmen of Arkansas. “The

fellowship and sense of accomplishment is what brings hunters back year after year whether they bag the “big” one or not.”

A list of hunts is now being scheduled for the 2009 season. To receive a list of scheduled hunts or to sign up for any particular hunt, contact Jimmy Ashley at **870-935-6875** or by email at **jashley@sudenlink.net**.

- ☐ Please remove my name from your mailing list
- ☐ Please add my name to your mailing list
- ☐ Change name or address as shown on address label

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